

ANTI-OXIDANT NUTRITION: AN ADJUVANT WITH A BALANCE DIET

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Received: 26 Aug 2017 Revised and Accepted: 01 Nov 2017

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DOI: <http://dx.doi.org/10.22159/jcr.2018v5i1.23343>

Dear Sir,

By this letter, I would like to put some light on to the importance of antioxidant nutrition. In today's day to day life, we often leave behind the most important part of our life i.e. health. For a better health, we need a better diet. However, people often neglect the importance of having a balanced diet. It becomes significantly important if a person follows a vegetarian diet [1].

Sir, nutrition helps in eliminating most of the future health hazards like help in preventing diseases, controlling weight, preventing from developing mental health problems and help in maintaining beauty [2]. We all condon that proper balance between health and mind makes a person excel in life, however, very few actually follows it. Nutrition organisations make more and more health policies and recommendations, without taking into fact that are the people following them in reality?

Today, with the help of well-balanced nutrition and anti-oxidants, we can even prevent or cure the ailments which required very sophisticated treatment. If we take probiotics for an example, we can help in preventing diarrhoea in children [3] and Alzheimer's disease in adults [4]. Probiotics have anti-oxidant properties which can also help in other diseases where reactive oxygen species are formed like in Myocardial Infarction, Infectious diseases, demyelinating diseases etc.

Taking proper diet can also help in maintaining blood sugar and cholesterol levels. Everyone knows that increased intake of fatty acids and sugar can potentiate into a deadly combination of diseases like diabetes, atherosclerosis, cirrhosis, acute and chronic pancreatitis etc. But, everyone still consumes these culprits on a daily basis. Salt and Sugar can also lead to hypertension, so proper precaution should also be taken on this regard [5]. There have been many advances in the nutritional field. Recently, it was shown in a research study, that eating porridge can be of great help in diabetic patients [6]. Everyone in the countryside especially consumes porridge on a day to day basis and hence, can help in cutting down the incidence of diabetes. Furthermore, yogurt has been proved to be beneficial in preventing cardiovascular diseases [7].

Sir, Inflammatory bowel disease (IBD) is also associated with nutritional deficiencies and weight loss [8] and the main culprit in causing IBD is Glutamine. It is considered to be an important constituent of an intra and extracellular amino acid pool. It has immune modulatory and antioxidant effects, and its depletion has been observed in critical illnesses like that of IBD [9]. Glutamine also improves immune cell functions and contributes to antioxidative defences just like probiotics. It can also protect the intestinal integrity and decrease bacterial translocation; hence reduce systemic inflammatory responses and sepsis, which are important in critical illnesses such as IBD and acute pancreatitis [10].

Sir, Vitamins also play an important role. Recently, vitamin A and C and E have been shown to reduce the risk of many diseases including Alzheimer's diseases [11]. Dietary polyunsaturated fatty acids have also known to have immunomodulatory and other beneficial health-promoting effects [12].

Hence, sir, I would like to request everyone to start having a balanced diet devoid of sugars and fats and having a fair amount of anti-oxidants so that they can enjoy a healthy life.

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